



DIRECTOR'S MESSAGE

In today's hectic world, it's easy to forget that taking time to enjoy each day is important to our health and well being.

The County of San Diego Parks and Recreation Department is dedicated to ensuring that every Spring Valley resident has an opportunity to experience marvelous recreational activities and parks facilities that enhance Spring Valley residents' quality of life by helping residents stay healthy and fit, build relationships with family and friends, and develop a sense of community pride.

Parks and Recreation is a vibrant service provided by cities nationwide. Parks provide passive and active recreation for thousands of Spring Valley residents daily. The Community Center, Teen Center and Gymnasium provide safe structures and welcoming places to learn new things, explore fitness and achieve educational goals, plus provide places to socialize and meet new friends and neighbors.

If you love a community committed to the quality of life experiences for its residents, you can find it here. Take advantage of your local Community Center, Teen Center and Gymnasium. Take a look through the program guide and find a program, activity, event or open gym time that interests you.

Carl McCullough
Spring Valley Rec Club

TABLE OF CONTENTS

2	9
COMMUNITY CENTER	RENTAL HALL FACILITY
INFORMATION	10
3	SPRING VALLEY
WINTER CAMP	GYMNASIUM RENTALS
SPECIAL EVENTS	11-12
4	SPRING VALLEY GYM
YOUTH ACTIVITIES	13
5-6	SPRING VALLEY REC CLUB
YOUTH & ADULT DANCE	14
7	NEIGHBORHOOD PARKS
SELF DEFENSE	15
LIFELONG LEARNING	VOLUNTEER AD
8	
SENIOR PROGRAMS	

SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard
Spring Valley, CA 91977

619-479-1832 for information and registration
619-479-1883 fax
Register online at www.sdparks.org

HOURS OF OPERATION

Monday – 9:00 am – 4:00 pm
Tuesday – Thursday – 10:00 am – 8:00 pm
Friday – 9:00 am – 5:00 pm
Saturday & Sunday (private events only)

HOLIDAY CLOSURES

September 2, Labor Day
November 11, Veteran's Day
November 28 & 29, Thanksgiving Day
December 25, Christmas Day

SPRING VALLEY GYM

838 Kempton Street
Spring Valley, CA 91977
619-667-6833

HOURS OF OPERATION

Monday – Friday 10:00 am – 6:00 pm

REC CLUB

838 Kempton Street
Spring Valley, CA 91977
619-667-6835

HOURS OF OPERATION

Monday, Wednesday, Thursday & Friday 2:30 pm – 6:30 pm
Tuesday 1:00 pm – 5:00 pm

BOARD OF SUPERVISORS

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3

Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer
Helen N. Robbins – Meyer

Department Director
Brian Albright



Look for the **Live a Healthy Life** logo throughout the program guide offering classes that have a health and wellness benefit for the participant.



HALLOWEEN

WINTER CAMP & SPECIAL EVENTS

HALLOWEEN FESTIVAL

Date Thursday, October 31
Time 5:30 pm – 7:30 pm
Fee Free



Spring Valley Community Center is celebrating its free 10th Annual Halloween Festival. The child-friendly event will include games, and a costume contest. Tell a friend and come join us on this fun and festive evening.

BREAKFAST WITH SANTA

Date Saturday, December 14
Time 9:00 am
Ages 2 & up
Fee \$5 12 & up
 \$4 children under 12

Children and their families can enjoy a special morning with Santa Claus. Activities include an “all you can eat” pancake breakfast, caroling, and a special visit with Santa. Breakfast will be served by the enthusiastic Kiwanis Club!

WINTER CAMP

Date Monday, December 23 – Friday, January 3
Time 7:00 am – 6:00 pm
Ages 5 – 12
Fee \$70 Per week, per child
 \$33 Daily rate

WEEK ONE

Monday, December 23 – Friday, December 27
 No camp December 25

WEEK TWO

Monday, December 30 – Friday, January 3
 No camp January 1

Enjoy two weeks of fun during the holiday break for children ages 5-12. Winter camp consists of games, holiday crafts and more.



WINTER CAMP

YOUTH ACTIVITIES

BEGINNING TENNIS



Date Saturday, September 14 – November 2
Mount Miguel High School-Tennis Court
Time 10:00 am – 11:00 am
Ages 7 – 11
Fee \$59
Instructor Lois Szczepaniak

This class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water to stay hydrated.

INTERMEDIATE TENNIS



Date Saturday, September 14 – November 2
Mount Miguel High School-Tennis Court
Time 9:00 – 10:00 am
Ages 12 & up
Fee \$59
Instructor Lois Szczepaniak

This tennis class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water to stay hydrated.

INTERGENERATIONAL MATH CLUB

Date Wednesdays & Fridays,
 Wednesday, October 2 – Friday, November 22
Time 3:30 pm – 5:00 pm
Grades K – 6th
Fee Free
Class Limit 80

Come join the Math Club at no cost! The award winning intergenerational program has proven success. In this math enrichment program, students work with seniors, staff and students from UCSD to help improve their math skills. The program is designed to make learning fun by offering opportunities to build confidence and self-esteem.



INTERGENERATIONAL MATH CLUB



GYMNASTICS



GYMNASTICS

Date Wednesday, September 11 – November 6
Time 6:00 pm – 6:55 pm (No class October 30)
Date Wednesday, September 11 – November 6
Time 7:00 pm – 7:55 pm (No class October 30)
Ages 8 & up *
Fee \$80
Instructor Carolyn Fisher

*must show birth certificate to instructor-
 on first day

This gymnastics class provides a safe and energetic class learning everything from basic skills to challenging moves within each student's abilities. Participants will perform warm ups, stretching and conditioning, fun games and races, including the use of beam and the vault. The class is limited to 6-12 students.

PARENT & TOT – YOUNG TUMBLE



Date Wednesday, September 11 – October 30
Time 4:45 pm – 5:15 pm
Ages 1.5 – 4
Fee \$70
Instructor Robin Wilkes

This is a parent involvement class where children will have a great time developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachutes, obstacles, beanbags, music, sports, (example: T-ball) etc. Basic animal walks and tumbling skills will be introduced. The Instructor will help with advanced tumbling skills for the children that are ready. This portion of the class is offered in bare feet.

YOUTH & ADULT DANCE

BEGINNING BALLET FOLKLORICO



Date *Thursdays, September 5 – October 24 (ongoing)*
Thursdays, November 7 – December 19 (ongoing)
Time 5:30 pm – 6:15 pm
Ages 3 & up
Fee \$59
Instructor Kathy Villalobos

Ballet Folklórico is a true cultural dance experience for all ages, and open to males and females. Students have many performances throughout the year.

ADVANCED BALLET FOLKLORICO



Date *Thursdays, September 5 – October 24 (ongoing)*
Thursdays, November 7 – December 19 (ongoing)
Time 6:15 pm – 7:00 pm
Ages 5 & up
Fee \$59
Instructor Kathy Villalobos

Ballet Folklórico is a true cultural dance experience for all ages, males and females. Students have many performances throughout the year.



BALLET FOLKLORICO



DANCE SAMPLER & TUMBLE



DANCE SAMPLER & TUMBLE

Date *Wednesday, September 11 – October 30*
Time 6:10 pm – 6:45 pm
Ages 5.5 – 10
Fee \$70
Instructor Robin Wilkes

Introduce your children to music and movement in a variety of classes including tap, ballet (mostly jazz), and beginning tumbling skills. Students will develop coordination and rhythm. Tap or hard soled shoes are required, and children will be in bare feet for ballet and tumbling. Students only in the classroom.

YOUNG DANCE SAMPLER & TUMBLE



Date *Wednesday, September 11 – October 30*
Time 5:30 pm – 6:05 pm
Ages 3 – 5
Fee \$70
Instructor Robin Wilkes

This class includes music and movement in a variety of classes that teach tap, ballet and tumbling skills, which can help children develop coordination and rhythm. Tap or hard soled shoes are required, and children will be in bare feet for ballet and tumbling. Students only in the classroom.

YOUTH & ADULT DANCE



LINE DANCING

LINE DANCE / SLIDE ZONE



Date Tuesday, September 10 – October 29
Time 5:00 pm – 6:00 pm
Ages 12 & up
Fee \$50
Instructor Kelly Williams

Learn to line dance/slides while having fun. This is a great way to meet friends, burn calories and master different line dancing/slides that will get any party started right. Learn the most popular dances like The Mississippi Slide, The Wobble and Michael Jackson Slide, Zydeco Bounce, Bikers Shuffle Slide and more. Line dancing is a fun way to improve your stamina, balance and coordination. Come on down and have a blast!

LINE DANCING



Date Wednesday, September 11 – October 30
Time 10:00 am – 11:30 am
Ages 18 & up
Fee \$60
Instructor Amy McFadden

Learn line dances that are popular for any age and skill level. This class will offer fun and great exercise! Line dancing and couples dances will both be offered.

YOGA / PILATES FUSION



Date Thursday, September 12 – November 7
Time 10:00 am – 11:00 am (No Class October 31)
Ages 17 & up
Fee \$48
Instructor Paulette Young

This is an all-levels class for adults 17 years and up designed to promote physical and mental well-being. Both yoga and pilates will help improve posture, increase flexibility, firm and tone muscles, as well as improve balance and coordination. Relaxation is included at end of class. Please wear loose-fitting, comfortable clothing. Bring a towel and exercise mat.



ZUMBA FITNESS!

Date Thursdays, September 12 – October 24 (ongoing)
 Thursdays, November 7 – December 5 (Mini \$20) (NO CLASS 11/28)
Time 7:00 pm – 8:00 pm
Ages 12 & up
Fee \$30
Instructor JoAnn Rochau

Zumba will bring the best of two worlds into a fun and easy to follow activity that everyone can enjoy. No dancing experience is required! With Zumba, dancing and fitness are infused so everyone can enjoy the beat while getting fit! Let's Ditch the workout and enjoy the party.



ZUMBA WITH MARISOL

Date Monday, September 9 – October 28
Time 7:00 pm – 8:00 pm
 Friday, September 13 – November 1
 4:00 pm – 5:00 pm
Ages 12 & up
Fee \$36
Instructor Marisol Cortez

Feel the music, feel the fitness!



ZUMBA

SELF DEFENSE

AMERICA'S YOUTH KARATE



Date *Tuesdays, September 10 – December 10*

Time 5:00 pm – 8:00 pm

Ages 4 & up

Fee \$7 per week, pay weekly
Family discount: 2 kids \$6 each,
3 kids \$5 each

Instructor Matt Armstrong



This program is designed to promote a higher level of self confidence, improve self esteem, discipline, concentration and physical fitness! For additional information, please call (619) 282-3066 or visit us at www.ayop.org.



AMERICA'S YOUTH KARATE

LIFELONG LEARNING

DOG OBEDIENCE

Date *Saturday, September 14 – October 19*

Times 9:00 am – 10:00 am

Fee \$65

Instructor Cindy D'Ambrosia of Castle Creek Kennels
*Sponsored by Bahia del Sur Kennel Club

This six week class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed include a choker, and 6 ft. and 20 ft. leash. Must provide proof of current rabies and vaccination records for each dog.



DOG OBEDIENCE

JEWELRY MAKING

Date *Tuesday, September 10 – October 29*

Times 1:00 pm – 2:00 pm

Ages 55 & up

Fee \$40

Instructor Thelma Smith

This class is a fun beginner class, which will demonstrate how to make assorted jewelry such as necklaces, bracelets and earrings. These will be done with basic material such as beads, wire, chains, and imagination. Some essential supplies will be provided to get you started. It is recommended participants purchase their own beads and supplies to suit your tastes as the course progresses. The cost for material is \$10 payable to the instructor.



SENIOR CORE CONDITIONING

Date *Tuesday, September 10 – October 29*

Times 10:00 am – 10:45 am

Ages 50 & up

Fee \$40

Instructor Tamra Herb

This is a playful yet rewarding fitness class that includes a gentle blend of various exercises designed to improve flexibility, strength, balance, stamina and breathing exercises. You're guaranteed to feel like a kid again! The focus is on safety and injury prevention, while building overall fitness and strength. Please bring a yoga mat and water bottle.

SENIOR PROGRAM

GENERAL INFORMATION

A variety of special trips have been planned for seniors 55 and older. All trips include transportation from the Spring Valley Community Center and entrance fees to the activity.

GROUP TRIP TO LAWRENCE WELK

Date *Wednesday, December 11*
Times *10:00 am – 4:00 pm*
Fee *\$58*

Return to the “good old days” of Christmas past as you enjoy an afternoon of Christmas and holiday music. With beautiful costumes, elegant dance numbers, fun musical variety and a feeling of joyous Christmas memories to be made, this is a trip not to be missed.

HOTEL DEL CORONADO

Date *Wednesday, December 4*
Times *10:00 am – 4:00 pm*
Fee *\$15*

The Christmas season is round the corner and so are the holidays. The joyous and blissful festival of Christmas reminds you of beautiful moments and happy memories celebrated in the past, giving you another chance to relive them and create new ones. The magnificent Christmas tree is a must see, and the group will enjoy a no host lunch in town to welcome the holiday season.

To make reservations, please contact the Spring Valley Community Center at 619-479-1832.

CATERED ADULT LUNCHES

Date *Monday – Friday (ongoing)*
Times *9:45 am – 1:00 pm*
Fee *Suggested Donation of \$3.50
 \$6.00 for ages under 60*

Meet new friends from all walks of life. Join an active group of retired people for lunch Monday through Friday. The meals are complete and nutritionally balanced. All reservations must be made by 12:00pm at least 3 days in advance. For information or reservations, call (619) 337-1425, Monday through Friday.

BINGO

Date *Mondays & Thursdays (ongoing)*
Times *10:30 am*
Fee *Free*

Have some fun and enjoy a game of Bingo with friends! The ongoing game is available to all retired citizens.

BLOOD PRESSURE MONITORING

Date *2nd Monday and 4th Monday of each month (ongoing)*
Times *10:00 am*
Fee *Free*

Nursing aides will be on hand to take your blood pressure for regular maintenance, and assist in your healthy lifestyle goals.

LEGAL AID

Date *2nd Monday of each month (ongoing)*
Times *Call for an appointment*
Fee *Free*

Please call ahead of time to book your appointment at (619) 447-7921.

SING-A-LONG

Date *Every Wednesday (ongoing)*
Times *10:30 am – 11:15 am*
Fee *Free*

Seniors enjoy a good tune and can appreciate an uplifting beat to put a smile on their face. Oldies tunes are a great choice and many seniors will remember the words to the songs. This is a very entertaining and therapeutic class to get your feet tapping while enjoying the company of others.

VARIOUS ENTERTAINMENTS AND SPEAKING ENGAGEMENTS

Date *Fridays (ongoing)*

Come as you are, and be a star! For speaking engagement information, please call (619) 337-1425.

MONDAY NIGHT BINGO

MONDAY NIGHT BINGO
 (every Monday excluding major holidays)
 Closed the month of December!

TIME: 6:30 - 9:00 pm
DOOR OPEN: 4:30 pm

**** 10 Regular games ** Special Games**
**** Pull Tabs ** Door Prizes**
**** Catered Food and Refreshments**
**** Patrolled Parking**

Bingo proceeds allow us to offer programs such as camps, special events, senior activities, preschool and enrichment classes.

(FIRST TIME PLAYERS ONLY)
PRESENT THIS COUPON FOR:

ONE FREE BINGO GAME
 (with purchase of One 6-Pack Buy In)

One coupon per player – No cash value!

FACILITY

SPRING VALLEY COMMUNITY CENTER

Weddings | Birthdays | Anniversaries | Banquets | Baby Showers | Baptisms

Room	Square Footage	Capacity	Private Function/ Commercial Users	Non-Profit Organization Schools/Ongoing Rentals	Refundable Deposit	Table & Chair Rental Fee
* Ketell Hall Fri, Sat, Sun Only	3952	250	\$500/4 hours \$90/each additional hour	\$400/4 hours \$80/each additional hour	\$300	\$50
Kitchen (flat rate)	n/a	n/a	\$105	n/a	n/a	n/a
* Olsen Room	1294	78	\$55/hour	\$40/hour	\$100	\$25
Patio Lounge	2300	160	\$30/hour	\$25/hour	n/a	n/a

Equipment Available: 25 Round Tables, 36 Long Tables, 317 Chairs, Ice, Easel, Screen, Stage, and Patio.

* 4 hour minimum, plus security.



RENTAL HALL FACILITY



SPRING VALLEY GYMNASIUM

SPRING VALLEY GYMNASIUM RENTAL

The Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30-days or more in advance to be considered. If you cancel within 30-days, your deposit is non-refundable. Give 1-2 days to process request. If you are renting for a tournament, a \$250 deposit is due immediately and balance is due by Friday at 5 pm before the tournament, along with a copy of your liability insurance.

Date	Usage	Price	Available Times
Mon. – Fri.	Half Gym (1 Court)	\$50/hour	3:30 pm – 9 pm
Mon. – Fri.	Full Gym (2 Courts)	\$100/hour	3:30 pm – 9 pm
Sat. – Sun.	Half Day (2 Courts) (4-5.5 hours)	\$400/day	8 am – 10 pm (4 hour min)
Sat. – Sun.	Full Day (2 Courts) (6+ hours)	\$550/day	8 am – 10 pm (4 hour min)
Concession Fee	n/a	\$25/day	n/a

SPRING VALLEY GYMNASIUM

838 Kempton Street | Spring Valley, CA 91977 | 619-667-6835

YOUTH BASKETBALL SKILLS CLASS



Date August 12-September 23, August 16-September 27 (no class Labor Day weekend)
October 7-November 18, October 11-November 22 (no class Veterans Day weekend)

Days/Times Mondays 6:00 – ages 5-7
Mondays 7:00 – ages 8-10
Fridays 6:00 – ages 11-13
Fridays 7:00 – ages 14-17

Fee \$30 per 6 week session

Want your child to progress and develop their basketball skills? Sign them up for this fundamental development class, where we train your child in basketball fundamentals including passing, dribbling, shooting and defense! After 6 weeks, your child should be on that court as a confident and skilled player.

OPEN PLAY



Date Continuously, Monday – Friday

Time Monday, Wednesday, Thursday and Friday 3:30-5 pm; Tuesday 2:30-8:30 pm
Times may vary so please call ahead of time.

Ages All Ages (those under 10 years old must be accompanied by a parent/guardian)

Fee \$1/day or \$5/month or \$20/year for adults
Free for ages 17 and under

Open play gives people of all ages an opportunity to shoot around and play games after school and work. There is room for everyone! Please wear appropriate athletic shoes and clothing. A photo ID is required to check out a ball.

YOUTH BASKETBALL LEAGUE



Date Registration Opens on November 1st
Skills Evaluation Day December 7
Practices start week of December 16
Games start January 4
All games are on Saturdays. Practices are on weeknights (2 practices per week).

Time Times vary

Ages 5 – 13

Fee \$65 per child

All skill and experience levels are welcome in this coed league! There is a required skills assessment before the season starts. Volunteer coaches are welcomed, so please contact us in advanced if interested!



YOUTH BASKETBALL LEAGUE

SPRING VALLEY GYM



MEN'S BASKETBALL LEAGUE

MEN'S BASKETBALL LEAGUE



Date	September 5 – November 21
Days	Thursdays
Time	6:00, 7:00, 8:00 and 9:00 pm
Ages	18+
Fee	\$325 per team (\$275 during early registration period) \$50 refundable forfeit deposit \$24 referee fee per game

Be a part of this increasingly popular men's basketball league, which is considered one of the best in the San Diego area! We offer multiple divisions, with varying levels of competition, and up to 8 teams in each division. Each season is 8 games, plus playoffs. Standings and stats are kept and displayed on our league website at www.springvalleysports.com. Team registration forms and league rules are also available on the website, or by calling the Spring Valley Gymnasium at 619-667-6833.

ADULT COED VOLLEYBALL LEAGUE



Date	TBD
Days	Sundays
Time	6:00, 7:00, and 8:00 pm
Ages	18+
Fee	\$325 per team (\$275 during early registration period)

Our new adult volleyball league is now forming. Each season will include 8 games, plus playoffs. Each match will consist of the best of 3 games to 25 points. Please call the Spring Valley Gymnasium at 619-667-6833 if interested!

To register, contact the Spring Valley Gymnasium office at 619-667-6833. For more information on the league, contact John Nanos at 619-991-2420 or john.nanos@yahoo.com.

MEN'S SLOW-PITCH SOFTBALL, offered by Christian Sports Productions



Date	TBD
Days	Mondays or Wednesdays
Time	6:30, 7:40, and 8:50 pm
Ages	18+
Fee	\$450 per team, plus umpire fees

Christian Sports Productions offers some of the most popular leagues in East County! Games are played on the brand new turf at the Sweetwater Lane Sports Complex in Spring Valley. The league follows MSA/WSL rules. A managers meeting will be held prior to the first game (date to be determined).

To register, contact the Spring Valley Gymnasium office at 619-667-6833. For more information on the league, contact John Nanos at 619-991-2420 or john.nanos@yahoo.com.



SPRING VALLEY REC CLUB

838 Kempton Street | Spring Valley, CA 91977 | 619-667-6835

HOURS OF OPERATION

Day	Monday, Wednesday, Thursday & Friday
Time	2:30 pm – 6:30 pm
Day	Tuesday
Time	1:00 pm – 5:00 pm
Closed	September 2, Labor Day
	November 11, Veteran's Day
	November 28 & 29, Thanksgiving Day
	December 23 – January 1 (Winter Break)
Ages	10 – 17 Free Teen Center
Cost	Free

The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, and positive environment. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental object of the program is to succeed in life. Weekly activities include arts and crafts, homework assistance, leadership groups, team building initiatives, dance, fitness, cooking classes, and a recording studio for music enthusiasts, and gardening classes.

ABOUT ENERGY SAVING ADVENTURES (ESA)

Energy Saving Adventures is a program provided for teens to gain insight and vital information to take charge of our future in energy conservation. The weekly program goals are to inspire and empower youth to create change in the world around them. This is the new generation of "REC club unplugged."

ARTS & CRAFTS PROGRAMS

Discover creative ways to use materials that have been left by the way side. Your perception will change when you turn discarded items into new and innovative creations. Whether you are creating a work of art, refashioning an old item of clothing, or brainstorming a new invention, all projects will be focused on inspiring conservation.

SCIENCE OF ENERGY ACTIVITIES

Get your hands dirty while creating your own eco system out of a two liter bottle or discover your inner engineer while wiring a solar powered racecar. The REC Club provides interpretive science programs that focus on the science of energy and how it relates to the natural world. Brace yourself for a variety of problem solving and critical thinking challenges.



SPRING VALLEY REC CLUB

RESOURCE ADVENTURE

The ESA room will be open for energy saving enjoyment. Challenge the staff at a board game or even a game of ultimate roshambo. All of the ESA resources will be available for you to explore the science of energy or learn about how you can bring conservation back to your own home. Check out what's new to the ESA space and what's to come in the future.

WATTS COOKING



Once a week, REC club participants will get a chance to learn how to prepare meals efficiently. Whether you are preparing a snack or an entire meal, participants will learn how to make the most efficient and nutritious food choices with available resources.

FITNESS ACTIVITIES & PHYSICAL CHALLENGES



Get your game on. Once a week the REC club hosts an exciting activity that helps teach teens about energy conservation. Tournaments will cross the spectrum from board games to sports leagues. While these throw downs will be geared toward both the charades master and the baseball buff, all the tournaments hold the ultimate goal of reducing energy usage during peak energy hours.

NEIGHBORHOOD PARKS

SWEETWATER SUMMIT REGIONAL PARK

Visitors to this Regional Park have quite a palette of activities to choose from. The Summit Site, atop a hill overlooking the Sweetwater Valley, offers modern campsites – including some with corrals for equestrians who want to bring their horses and explore 15-miles of trails in the area. The park has hundreds of acres of streamside vegetation, grassland, and open areas that provide a variety of habitats for hikers, horseback riders, and mountain bikers.

Visit www.sdparks.org for more information.



SPRING VALLEY PARK PAVILION

LAMAR COUNTY PARK

This 8-acre neighborhood park contains a playground for children ages 2 to 5, a pavilion, picnic tables, lawn areas, barbecues, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are not allowed in the park.

Visit www.sdparks.org for more information.

EUCALYPTUS COUNTY PARK

This 6-acre neighborhood park offers a playground, pavilion, picnic tables, lawn areas, horseshoe pits, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are allowed in the park with a permit. For additional information, please visit www.sdparks.org.

GOODLAND ACRES COUNTY PARK

This 1.3-acre neighborhood park offers a playground, basketball courts, picnic tables, lawn areas, and drinking fountains. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces are not allowed in the park. For additional information, please visit www.sdparks.org.



GOODLAND ACRES COUNTY PARK

VOLUNTEER

NATURE TIME
ENERGETIC COMMITMENT
CAMPING PARK EXCELLENCE
PARK HOST ACTION
DOCENT TRAILS
COACH FUN
SERVICE
IT'S A GOOD THING TO DO
EFFORT HONOR
PARKS AND RECREATION

LIVE-IN PARK HOST



Requires 20-hours of service per week in exchange for a campsite and hookups for a motor home or trailer.

PARK PATROL



Patrol members assist the public with information on park resources and help to ensure visitor safety.

PARK DOCENT



Provides interpretive programs at the parks, historic sites, and open space areas, including research and development.

COMMUNITY CENTER



Volunteers assist in clerical, maintenance, gardening, coaching, and special events. Centers are located in Fallbrook, Lakeside, Spring Valley and 4S Ranch.

STUDENT/YOUTH



Students, Scouts, Interns, and other volunteers under the age of 18 are welcome to volunteer or complete a required project to gain community service hours.

GROUP OPPORTUNITIES



Individuals, families, and groups can serve their communities by planting trees, assist with trail maintenance and other park related activities.

DEDICATION
PARK SPIRIT
AWARE PATROL WORTHY CAUSE
HELPING
PARTICIPATE QUALITY
TEAM INVOLVEMENT
OPPORTUNITY
CONSERVATION
PLAYER
BENEFIT YOUTH



Parks Make Life Better!

For additional information and applications, visit www.sdparks.org or call 858.966.1335

**Spring Valley Recreation**

The Spring Valley Community Activity and Program Guide is published three times a year.

Copies may be downloaded from www.sdparks.org.

**Follow Us on Twitter****Follow Us on Pinterest****Board of Supervisors**

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3
Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer

Helen Robbins-Meyer

Department Director

Brian Albright

Department of Parks and Recreation

5500 Overland Avenue, Suite 410
San Diego, California 92123
858-694-3030

SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard
Spring Valley, CA 91977

PRSRT STD
ECRWSS
US POSTAGE PAID
SAN DIEGO, CA
PERMIT NO. 571

POSTAL RESIDENT